

## **Living Worry Free**

*by Sherry Jones*

We are not to go through life burdened down with cares, worries, and concerns. The Bible tells us what to do when the cares of life begin to surround and overwhelm us. The scripture says that we are to simply cast our care upon Jesus. It takes faith to let go of our problems and concerns. It takes faith to give them over to God. It takes faith to believe that God will take care of them.

The Lord wants us to live worry free by letting Him take care of the things that concern us. In Psalms 55:22, the scripture says, “Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.” This verse says that we have a part to play. The reality is that before the Lord does His part, we must do ours. Our part is to cast our cares upon Him and to refuse to worry and fret. In order to do this, it helps us to understand four things about worry.

- 1) Worry is a sin. Romans 14:23 says, “For whatsoever is not of faith is sin.” Someone said, “To worry about anything instead of trusting God to take care of the situation is sin.” We miss the mark when we try to deal with things naturally and become fretful and anxious.
- 2) Worry is unproductive. Matthew 6:25 says, “Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on.” This scripture tells us not to be worried. Have you heard the expression “paralysis by analysis?” When we analyze a situation, instead of casting our care upon God and trusting Him, we become paralyzed and helpless. It’s like we give up.
- 3) Worry amplifies the problem. When anyone worries and takes on the care of any situation, that situation becomes larger in their thinking, and the possibility of a wonderful outcome becomes less and less. When we dwell on the wrong thing, worry sets in.
- 4) Worry is a one of Satan’s devices. The devil wants us to think contrary to the Word. The scripture says in 2 Corinthians 2:11, “For we are not ignorant of his devices.” The devil will try to keep you anxious and fretful by presenting thoughts and imaginations that don’t agree with the Word of God. The devil will come and whisper in your ear, “What are you going to do now? There is no way out of this situation.” That’s how he gets us to worry. But you can overcome worry by conquering your thoughts and acting on the Word.

Casting your cares upon the Lord does not mean to just sit down, become lazy and do nothing. We are not to be despondent. We must find out what the Word says about our situation. We must cast our cares upon the Lord, for He cares for us! As believers, we have authority over worry and must do something about it.